Christina Grof – In Memoriam

As I sit here, sipping tea in my favorite Nepenthe mug that’s missing the handle that broke off when I dropped it just a couple of weeks back, I reminisce about the numerous times my late husband and I met with Stan and Christina Grof, especially when we stayed at their dramatically beautiful home in Esalen, and when we visited them in Marin County. We also spent time together in various places in Japan — at hot springs, at the I.T.A. Conference in Kyoto, and during the Holotropic Breathwork workshops we had the privilege of organizing and introducing to Japan. The last time I saw them was at Kaimana Beach in Hawaii, where Joseph Campbell (the cupid that got these two together) used to reside. Theirs was a truly romantic love story, almost of mythical proportions. I remember so vividly, how they would lovingly call each other “Beloved”.

It was yesterday that I got word Christina had passed away peacefully in her sleep on June 15. I imagine her dancing and playing in the heavens with all the angels that have gone on before her. To me, she was the Great Mother, so warm, so loving, non-judging, so encouraging and so very giving. In her hugs, I felt such comfort and a sense of true security — something I have not felt elsewhere, to be honest. Yes, in a relatively short time, we shared some wonderful and intense moments that can never be forgotten.

In Jack Kornfield’s words (from his website), “She was a creative fountain, an artist of the inner world, an author of books that brought alive the intimate and personal nature of the universal journey, a founder of the Spiritual Emergency Network, co-founder Holotropic Breathwork, a wife and partner, a deliciously devoted grandmother and deeply loving mother, a gardener and tender of the earth, of human beings and all things that came her way.”

I wish I could have had the opportunity to learn more from her, woman to woman — as there have not been many women of our generation that I have met that have proceeded on this confounded journey of self-exploration with the courage, strength and honesty as Christina. And she never lost her gentleness, her compassion, her femininity or her wonderful laugh and smile along the way. Thank you, Christina. Aloha to you always.